



**GROUND BEEF
RECIPE MAGIC:**
Healthy meals that
please the toughest
critic – your child.

**"mommy,
can I have some more?"**

IT'S 5 O'CLOCK: do you know where your dinner is?

Time-crunched moms want premium-tasting meals. With a little advance planning, your family can enjoy gourmet meals while you unwind after a long day. The following meal plan delivers, with minimum time and hassle. **Here's how it works.** You prepare the basic recipe. Then simply freeze it. Days – or weeks – later, add seasoning or sauces for high-powered, high-taste meals in minutes. **Eating well gives joy to life and health to the body.** And planning ahead gives peace of mind to moms. The perfect recipe for success!

BASIC RECIPE: three meals in one meat mix

Place 3 pounds lean ground beef in a large bowl. Add 1 cup packaged breadcrumbs, $\frac{3}{4}$ cup chopped onion, $\frac{1}{2}$ cup shredded carrots, 2 eggs, 2 teaspoons dried basil, $\frac{3}{4}$ teaspoons salt and $\frac{1}{2}$ teaspoons pepper. Mix together with clean hands.

To prepare Stuffed Zucchini Boats for today's meal: See recipe below.

To prepare Meatballs for future meal: Using $\frac{1}{3}$ of the mixture, form 20 equally divided meatballs with your hands. Place in plastic freezer container. Seal, label with date and freeze for future use. See recipe below.

To prepare Meatloaf for future meal: Place $\frac{1}{3}$ mixture into a small loaf pan and pack it down. Cover and freeze. See recipe below.

stuffed zucchini boats

Prep Time: 20 minutes
Cook Time: 15 minutes

Cut 8 medium zucchini squash in half lengthwise. With spoon, carefully scoop out flesh, leaving $\frac{1}{4}$ -inch shell all around. Sprinkle with $\frac{1}{2}$ teaspoon salt. Finely chop zucchini flesh. Place in bowl. Add $\frac{1}{3}$ meat mixture and $\frac{1}{2}$ teaspoon salt to chopped zucchini and mix well. Heat oven to 375°F. Spoon equally divided mixture into zucchini shells. Sprinkle the tops of the stuffing with 8 ounces of shredded Monterey jack cheese. Arrange the zucchini boats on a baking pan. Bake in 375°F oven for 25 minutes or until the internal temperature reaches 160°F on a food thermometer.

spaghetti with meatballs

Prep Time: 10 minutes
Cook Time: 30 minutes

Take prepared meatballs out of freezer and defrost in the refrigerator the night before you plan to use them. On the day of serving: Heat oven to 400°F. Place defrosted meatballs on a baking sheet. Bake in oven until lightly brown, about 15 minutes. While meatballs are baking, place pasta sauce from one 26 ounce jar into a large saucepan. Cover and heat over medium heat. Bring to a simmer. Add cooked meatballs to the sauce, reduce heat and simmer 15 minutes. While meatballs are cooking in sauce, cook 12 ounces of spaghetti according to package directions. Drain and transfer spaghetti to a large serving bowl. Top with meatballs and sauce, mix together and serve. Makes 4 servings.

meatloaf

Prep Time: none
Cook Time: 1 hour

Take prepared meatloaf out of the freezer and defrost in the refrigerator the night before you plan to use it. On the day of serving: Bake at 350°F for 1 hour until center is no longer pink (160°F). Cool 10 minutes before slicing and serving. Serve with Roasted Vegetables.

Roasted Vegetables: Preheat oven to 350°F. Combine 1½ pounds, quartered medium potatoes, 1 pound carrots cut into $\frac{3}{4}$ -inch pieces, 1 small onion, cut into $\frac{1}{2}$ -inch thick wedges, 2 tablespoons olive oil and 2 cloves minced garlic in a large bowl and toss. Spread in a pan. Sprinkle with salt and pepper. Bake 45-50 minutes until vegetables are tender.